



PHOTO BY VIKI BOWMAN, DAVIS COUNTY RSVP

DAVIS COUNTY RSVP VOLUNTEERS bag potatoes for distribution through the Bountiful Community Food Pantry during a previous Food Pantry Hour event held on Oct. 18. Volunteers aged 55 years or older are being recruited to help with the next hour-long event scheduled for Thursday, Dec. 6, at 6 p.m. Call 801-525-5094 to participate.

Food Pantry Hour helps fight local hunger

by Viki **BOWMAN**
Davis County RSVP

Community members joined Davis County Retired & Senior Volunteer Program (RSVP) in the fight against hunger on Oct. 18 for the second Food Pantry Hour of 2018. Volunteers worked together to transfer 600 pounds of potatoes into individual family size bags and sort plastic bags for the Bountiful Community Food Pantry.

Jim and Diane Nelson have participated in the Food Pantry Hour events.

Jim willingly volunteered to lift the 50 pound bags of potatoes to the table for the re-bagging while Diane sorted plastic bags. "It's surprising how many plastic bags are used and how much work there is to supply food through the Pantry," said Diane. All of the tasks performed during these one hour sessions are based upon the abilities and preferences of the individual volunteers.

"It's fun to have returning volunteers join the Food Pantry Hour team," said Pat Brown with Davis County

RSVP. "One of the best perks of the job as staff is the chance to work beside some amazing people while we address a community need. We all become friends. It's always fun to have friends come back to participate again."

The next Food Pantry Hour will be Thursday, Dec. 6, beginning at 6 p.m. and will run for one hour. The team is limited to 15 individuals aged 55 years or older and there are seven slots open. Please call us right away at 801-525-5094 if you would like to participate.

Services available for older adults with disabilities

by Christine **ANDERSON**

Davis District Director at Utah State Office of Rehabilitation

A disability is a physical or mental condition that substantially limits one or more of life's major activities such as walking, speaking, breathing, seeing, or hearing. As a person ages, a disability often comes into their life, such as hearing or vision loss, or other mental and physical changes.

Through the Utah State Office of Rehabilitation (USOR), an eligible older adult with a disability can receive a variety of customized services for their needs, whether for gaining independence or reentering the workforce. Below are five USOR resources for older adults with disabilities.

Vocational Rehabilitation

Older adults at home may find

themselves wanting to return to work for a stronger satisfaction in life. Work can provide additional financial security, social relationships and the feeling of being needed. However, many older adults experience new or exasperated physical or mental barriers in reentering the workforce or maintaining employment. Through the Vocational Rehabilitation program, a counselor supports job preparation through career guidance, searching for a job and helping the client understand disability disclosure and how work could affect their Social Security benefits. Services are open to ages 14 and older with no age limit. Vocational rehabilitation can also help older individuals with disabilities transition into a new career if a new disability

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Events in December

Central Davis Senior Activity Center 81 East Center Street, Kaysville (801-444-2290)

- 3 - Blood pressure clinic 10 a.m.
- 6 - Food Sense class - Stir Fry 10:15 a.m.
- 12 - Dinner at Chuck-O-Rama & Holiday Lights (sign-up required)
- 13 - Marvelous Makers craft class 12:30 p.m.
- 20 - Food pantry Noon
- 21 - Old Fashioned Christmas Party & lunch 11 a.m.
- 24/25 - Closed - Christmas Eve and Christmas Day

Golden Years Senior Activity Center 726 South 100 East, Bountiful (801-451-3660)

- M/W/F - EnhanceFitness 8 a.m.
- F - Tai Chi 9:30 a.m.
- 3 - Fraud prevention presentation
- 11 - Legal consultation (by appointment)
- 13 - Kookies with Kristy 9-11 a.m.
- Tappin' Grannies Christmas performance 10:45 a.m.
- 24/25 - Closed - Christmas Eve and Christmas Day
- 28 - Birthday lunch

North Davis Senior Activity Center 42 South State Street, Clearfield (801-525-5080)

- 4/18 - Blood pressure clinic 10:30 a.m.
- 5/19 - Cards for a cause 10:30 a.m.
- 6 - Trip to Christmas in Color (sign-up required)
- 10 - Lighten Hospice presentation 11 a.m.
- 11 - Fraud Prevention presentation 11 a.m.
- 14 - Utah Military Academy performance 11:15 a.m.
- 19 - Humana presentation by Jeff 11 a.m.
- 20 - Christmas Party
- 24/25 - Closed - Christmas Eve and Christmas Day

See more at daviscountyutah.gov/seniors



Davis
COUNTY

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All issues of Senior Living are available at www.daviscountyutah.gov/senior_living

Donations for senior citizen holiday gift drive continues

Davis County Health Department's Senior Services is holding a gift drive to help make the holidays a little brighter for senior citizens who may be alone this holiday season or not have the financial resources to celebrate this year.

There are many who are in need of gift cards for groceries. Gift cards to local grocers and stores are greatly appreciated. Other items needed may include bath soap, shampoo, laundry soap, dish soap, towels, blankets, socks, and other items that may get day-to-day use. Gift request will not exceed \$50.

Please turn in all gifts unwrapped or in an open gift bag. The deadline to turn in gifts is Friday, Dec. 14, by 5 p.m., to the Davis County Health Department (22 South State Street, Clearfield) or at one of the county's three senior activity centers:

- Central Davis Senior Activity Center, 81 E. Center Street, Kaysville
- Golden Years Senior Activity Center, 726 S. 100 E., Bountiful
- North Davis Senior Activity Center, 42



South State Street, Clearfield

For more details or to receive a specific gift request, contact Priscilla Angulo at 801-525-5087 or email her at pangulo@daviscountyutah.gov.

Free Dementia Dialogues course starts in January

by Sheryl **KNIGHT**
Davis County Senior Services

Dementia Dialogues is a free course that provides information and other skills to help individuals better care for dementia or other related diseases.

Topics include the basic facts, communication skills, keeping the environment safe, addressing challeng-

ing behaviors, and creative problem-solving. Dementia Dialogues will be held on Tuesdays, Jan. 15, 22, and 29, 6-8:30 p.m., at the Pheasant View Assisted Living (1242 E. Pheasant View Dr., Layton).

Seating is limited. Call Davis County Senior Services at 801-525-5127 for more information or to reserve your seat.

Last day for Medicare Open Enrollment help is Dec. 7

by Jackie **SMITH**
DCHD Senior Services

Help is available from Davis County Senior Services Medicare counselors during the Medicare Open Enrollment period (now through Dec. 7). Clients need to call 801-525-5050 for a free daytime appointment at one of the following locations:

- Mondays-Fridays (except holidays) at Davis County Health Department Senior Services, 22 South State Street, Clearfield.
- Mondays & Wednesdays (except

holidays) at Central Davis Senior Activity Center, 81 E. Center Street, Kaysville.

• Thursdays (except holidays) at Golden Years Senior Activity Center, 726 South 100 East, Bountiful.

Clients need to bring along to their appointment:

- Their Medicare cards.
- All of the information pertaining to their prescription medications including name, dosage, and times per day.
- Any award letter from Medicare, Medicaid, or Social Security if possible.

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requires a change in the type of work.

Hard of Hearing Program

For those who lose their hearing later in life, the Sanderson Community Center provides a specialized hard of hearing program for client consultations, training presentations, and an assistive technology demo lab. The center connects individuals who are deaf or hard of hearing with community resources, educational classes, and recreational and social events.

Low Vision Services

It's common for adults to lose some vision as they age. The Division of Services for the Blind and Visually Impaired can assist older adults through adjustment to low vision services, technology to assist with magnification, computer screen reading, and navigating the community.

Assistive Technology

The Utah Center for Assistive Technology provides evaluations to assist older adults in the home through specialized equipment, computer technology, or low-cost solutions to reduce the difficulty of an everyday activity. The center connects individuals with assistive

technology and will even build a customized item if an off-the-shelf item is not available.

Independent Living Centers

As a partner of USOR, Independent Living Centers help adults maintain independence in their home and community integration. Classes are available such as adjusting to a disability, assertiveness, cooking, and financial management. In addition, they offer a loan program of items such as wheelchairs and shower chairs.

For more information, visit the Davis County USOR office at 520 N. Marketplace Dr. Ste. 130, Centerville, call 385-489-6015, or go online to usor.utah.gov.

Three reasons to avoid – or delay – knee replacement

Hitting your 50s or 60s can bring several life changes, and increasingly those include artificial joints. For much of the aging U.S. population, knees in particular are wearing out.

More than 600,000 knee replacements are performed annually in the U.S., according to The Journal of Bone & Joint Surgery. That number is expected to swell to 3 million by the year 2030, the publication's study reported, partly because people are working longer and obesity is on the rise.

But while knee replacements are becoming a popular elective surgery, some studies estimate 20 percent or more of recipients aren't pleased with the result. Medical experts question whether replacement surgery is being done too soon – or whether some people need a new knee at all.

"Surgery should only be done as a last resort," says Dr. Victor Romano (www.romanomd.com), an orthopedist and author

of Finding The Source: Maximizing Your Results – With and Without Orthopaedic Surgery. "A knee replacement can be life-changing, but they can also be painful, wear down prematurely and become infected.

"If you have debilitating pain and difficulty walking because of degenerative arthritis, surgery may be your best option no matter your age. Otherwise, there are sound reasons to avoid a knee replacement, or at least to postpone it until a more appropriate time."

Romano says there are three main reasons to avoid or put off knee replacement surgery:

- Plastic debris. A total knee replacement consists of metal moving on plastic. The plastic wears down over time.
- A prosthesis doesn't last 30 years. This is a key reason why Romano thinks younger replacement candidates should wait as long as possible.

• Other remedies may work. Many people experiencing chronic knee pain are overweight or obese. "A healthy diet and exercise program can bring the weight down

and take pressure off the knees," Romano says.

News & Experts

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